

Banana & oat flapjacks



Bananas are full of goodness like fibre and Vitamin B. Porridge oats are the perfect source of slow releasing energy, meaning you feel full for a long time after eating them!

Makes: 12 • Preparation time: 20 mins.

Ingredients

- 2 bananas (the mushier the better!)
- 180g plain porridge oats
- 2 tbsp melted butter/spread
- Optional extras: cinnamon, sultanas, raisins, dried cranberries or dried apricots (1 tbsp of each)

Equipment

- Mixing bowl
- Mixing spoon
- Potato masher/fork
- Tablespoon
- Weighing scales
- Baking tray & paper
- Oven

Top tips

- The flapjack will keep for up to a week in an airtight container
- This recipe is a great way to use up banana that might be going a bit mushy

Method

1. Preheat the oven to 180 °c and line a baking tray.
2. Mash the bananas in a mixing bowl until you get them nice and smooth.
3. Add the oats and melted butter, mix well.
4. Add in any extra dried fruits you are using, mix again.
5. Bake for 20 minutes, until golden on top.
6. Cut it up, while it's still warm, into 12 squares/rectangles.
7. As an extra, you could serve topped with fresh fruit.

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